

**Table 8.5: Personal Mastery (Percent)<sup>1,2,3</sup>**

Personal Mastery <sup>4</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>5</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
I can do just about anything I really set my mind to.							
Disagree strongly	7.7	7.2	7.3	10.2	5.7	6.1	16.2
Disagree somewhat	19.5	15.1	23.8	20.7	16.6	19.9	24.3
Agree somewhat	26.3	29.2	23.8	24.7	26.4	28.8	19.3
Agree strongly	46.5	48.6	45.1	44.4	51.4	45.2	40.2
I often feel helpless in dealing with the problems of life.							
Disagree strongly	37.4	40.4	37.6	28.1	42.3	39.5	21.4
Disagree somewhat	33.1	34.5	30.6	35.5	32.4	34.1	31.6
Agree somewhat	19.6	16.3	21.6	24.0	16.1	19.6	27.0
Agree strongly	9.9	8.8	10.3	12.3	9.3	6.8	20.0

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 2% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Adapted from: Pearlin LI, Schooler C. (1978). The structure of coping. J Health Soc Behav 18:2-21.

<sup>4</sup> Categories for each item may not add up to 100% due to rounding.

<sup>5</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).